

INDEX

Card No.....

P 001 00 Beef Rice Soup
 P 001 01 Beef Barley Soup
 P 001 02 Beef Noodle Soup
 P 002 00 Chicken Rice Soup
 P 002 01 Chicken Noodle Soup
 P 003 00 Creole Soup
 P 004 00 Onion Soup
 P 004 01 French Onion Soup
 P 005 00 Tomato Bouillon
 P 006 00 Tomato Soup
 P 006 01 Tomato Rice Soup
 P 007 00 Vegetable Soup
 P 007 01 Minestrone Soup
 P 008 00 Navy Bean Soup
 P 008 01 Bean Soup with Smoked, Cured Ham Hocks
 P 008 02 Knickerbocker Soup (Bean, Tomato and
 Bacon)
 P 008 03 Old Fashioned Bean Soup
 P 009 00 Beef with Vegetables and Barley Soup
 (Canned)
 P 009 01 Bean With Bacon Soup (Canned)
 P 009 02 Beef Noodle Soup (Canned)

Card No.

P 009 03 Chicken Noodle Soup (Canned)
 P 009 04 Chicken with Rice Soup (Canned)
 P 009 05 Manhattan Clam Chowder (Canned)
 P 009 06 Minestrone Soup (Canned)
 P 009 07 Split Pea Soup with Ham (Canned)
 P 009 08 Tomato Soup (Canned)
 P 009 09 Vegetable Soup (Canned)
 P 009 10 Vegetable with Beef Soup (Canned)
 P 010 00 Chicken Gumbo Soup
 P 010 01 Shrimp Gumbo
 P 011 00 Corn Chowder
 P 011 01 Chicken Corn Chowder
 P 012 00 Manhattan Clam Chowder
 P 013 00 New England Fish Chowder
 P 013 01 New England Clam Chowder
 P 014 00 Cream of Mushroom Soup
 P 014 01 Cream of Broccoli Soup
 P 015 00 Cream of Potato Soup (Dehydrated Sliced
 Potatoes)
 P 015 01 Cream of Potato Soup (Fresh White Potatoes)
 P 016 00 Cream of Potato Soup (Instant Potatoes)
 P 017 00 Spanish Soup (Dehydrated Onion Soup)

Card No.....

P 017 01 Onion Soup (Dehydrated Mix)
 P 017 02 Mexican Onion Corn Soup (Dehydrated Mix)
 P 018 00 Tomato Vegetable Soup (Dehydrated)
 P 018 01 Beef Noodle Soup with Vegetables
 (Dehydrated)
 P 018 02 Chicken Noodle Soup (Dehydrated)
 P 018 03 Chicken Noodle Soup with Vegetables
 (Dehydrated)
 P 019 00 Pepper Pot Soup
 P 020 00 Chicken Vegetable (Mulligatawny) Soup
 P 021 00 Zesty Bean Soup
 P 021 01 Zesty Bean Soup (Dry Beans)
 P 022 00 Chicken Mushroom Soup (Canned)
 P 022 01 Doubly Good Chicken Soup (Canned)
 P 022 02 Logging Soup (Canned)
 P 022 03 Tomato Noodle Soup (Canned)
 P 022 04 Vegetable Beef Supreme Soup (Canned)
 P 023 00 Split Pea Soup with Ham
 P 023 01 Puree Mongole
 P 024 00 Cream of Broccoli Soup (Canned)
 P 024 01 Cream of Chicken Soup (Canned)
 P 024 02 Cream of Mushroom Soup (Canned)
 P 025 00 Texas Tortilla Soup

Card No.

P 026 00 Tortellini Soup
 P 027 00 Lentil Vegetable Soup
 P 028 00 Curried Vegetable Soup
 P 029 00 Turkey Vegetable Soup
 P 500 00 Asian Stir Fry Soup
 P 800 00 Carrot Soup
 P 801 00 Velvet Corn Soup
 P 802 00 Nutty Split Pea Soup
 P 803 00 Egg Drop Soup
 P 804 00 Midwestern Tomato Rice Soup

BEEF RICE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	11 g	4 g	2 g	4 mg	1702 mg	21 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
RICE,LONG GRAIN	2 lbs	1 qts 7/8 cup	

Method

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare broth according to package directions.
- 3 Add beef, carrots, celery, onions, pepper and bay leaves to broth in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add rice. Cover; Simmer 20 to 25 minutes stirring occasionally until rice is tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEEF BARLEY SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	13 g	4 g	2 g	4 mg	1703 mg	19 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
BARLEY,UNCOOKED	2-2/3 lbs	1 qts 2 cup	

Method

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare beef broth according to package directions.
- 3 Add beef broth, beef, carrots, celery, onions, pepper and bay leaves to steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add barley. Cover; Simmer 25 to 30 stirring occasionally until barley is tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEEF NOODLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	6 g	4 g	2 g	9 mg	1702 mg	17 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
NOODLES,EGG	1 lbs	2 qts 3-7/8 cup	

Method

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare beef broth according to package directions.
- 3 Add beef broth, beef, carrots, celery, onions, pepper and bay leaves to steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add noodles. Stir; bring to a boil. Reduce heat; cover; simmer 15 to 20 minutes stirring occasionally until noodles and vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN RICE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	9 g	4 g	2 g	7 mg	1997 mg	35 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		7 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS, FROZEN	1 lbs	3-1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
RICE,LONG GRAIN	1-5/8 lbs	1 qts	

Method

- 1 Prepare broth according to package directions. Combine broth, diced chicken, carrots, celery, onions, pepper, and bay leaves in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 2 Add rice and stir. Cover; bring to a boil; reduce heat; simmer for 20 to 25 minutes until chicken is cooked and rice and vegetables are tender. Remove bay leaves.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN NOODLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	6 g	4 g	2 g	7 mg	1997 mg	31 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		7 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-2/3 oz	3 cup	1-1/8 lbs
ONIONS, FROZEN	1 lbs	3-1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
SPAGHETTI NOODLES,DRY	1 lbs	1 qts 3/8 cup	

Method

- 1 Prepare chicken broth according to directions. Combine chicken broth, diced chicken, carrots, celery, onions, pepper, and bay leaves in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 2 Add noodles and stir. Cover; bring to a boil; reduce heat; simmer for 15 to 20 minutes, stirring occasionally until chicken is cooked and noodles and vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREOLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	10 g	3 g	2 g	1 mg	1535 mg	17 mg

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 BEEF BROTH
 PEPPER,BLACK,GROUND
 SPAGHETTI NOODLES,DRY
 TOMATO PASTE,CANNED

Weight

2-1/8 lbs
 2 lbs
 3-5/8 oz

 1/8 oz
 1-1/2 lbs
 2-1/3 lbs

Measure

1 qts 2 cup
 1 qts 2 cup
 1/2 cup
 6 gal
 1/3 tsp
 1 qts 2-1/2 cup
 1 qts

Issue

2-1/3 lbs
 2-3/8 lbs

Method

- 1 Saute onions and peppers in salad oil, melted shortening or olive oil for 5 minutes in steam-jacketed kettle or stock pot. Stir occasionally.
- 2 Prepare stock according to directions.
- 3 Break spaghetti into 2-inch pieces. Add stock to sauteed peppers and onions. Add pepper, spaghetti, and tomato paste. Stir and bring to a boil; reduce heat and simmer 30 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

ONION SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	8 g	2 g	8 g	1 mg	1271 mg	19 mg

Ingredient

ONIONS,FRESH,SLICED
 SHORTENING,VEGETABLE,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 PEPPER,BLACK,GROUND
 BEEF BROTH

Weight

11-3/8 lbs
 1-1/2 lbs
 8-7/8 oz
 1/8 oz

Measure

2 gal 3-1/4 qts
 3-3/8 cup
 2 cup
 1/3 tsp
 5 gal 1 qts

Issue

12-2/3 lbs

Method

- 1 Saute onions in shortening or salad oil until lightly browned.
- 2 Blend flour and pepper with sauteed onions. Blend well. Prepare broth according to package directions. Add to onion mixture. Stir well. Simmer 15 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

FRENCH ONION SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	13 g	3 g	11 g	9 mg	1377 mg	51 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,SLICED	11-3/8 lbs	2 gal 3-1/4 qts	12-2/3 lbs
SHORTENING,VEGETABLE,MELTED	1-1/2 lbs	3-3/8 cup	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
BEEF BROTH		5 gal 1 qts	
BREAD,WHITE,STALE,SLICED	2 lbs	1 gal 2-1/2 qts	
BUTTER,MELTED	12 oz	1-1/2 cup	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

Method

- 1 Saute onions in shortening or salad oil until lightly browned.
- 2 Blend flour, pepper and Worcestershire sauce with sauteed onions. Blend well. Prepare broth according to package directions. Add onion mixture; stir well. Simmer 15 minutes.
- 3 Prepare Parmesan Croutons. Trim crusts from bread; cut bread into 1/2-inch cubes. Place bread cubes on sheet pans. Brown lightly in 325 F. oven, 20 to 25 minutes or in 375 F. convection oven, 6 minutes on high fan, open vent. Melt butter or margarine; blend in grated Parmesan cheese. Pour mixture over lightly browned croutons in steam table pans; toss lightly.
- 4 Place 8 croutons in each soup bowl; pour soup over croutons. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.

TOMATO BOUILLON

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	7 g	2 g	0 g	0 mg	974 mg	25 mg

Ingredient

CELERY,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 WATER,BOILING
 BEEF BROTH
 JUICE,TOMATO,CANNED
 PEPPER,BLACK,GROUND

Weight

4 lbs
 4 lbs
 16-3/4 lbs
 21-3/8 lbs
 1/8 oz

Measure

3 qts 3-1/8 cup
 2 qts 3-3/8 cup
 2 gal
 2 gal 2 qts
 2 gal 2 qts
 1/8 tsp

Issue

5-1/2 lbs
 4-1/2 lbs

Method

- 1 Combine celery, onions and boiling water. Simmer 30 minutes; strain; discard vegetables; reserve broth for Step 3.
- 2 Prepare broth according to package directions.
- 3 Combine reserved vegetable broth, beef broth, tomato juice and pepper. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 May be served with croutons. Prepare 1/2 recipe Croutons, Recipe No. D 016 00.

TOMATO SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
61 cal	12 g	2 g	1 g	0 mg	1028 mg	46 mg

Ingredient

ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 BEEF BROTH
 BAY LEAF,WHOLE,DRIED
 PEPPER,BLACK,GROUND
 SUGAR,GRANULATED
 TOMATOES,CANNED,DICED,INCL LIQUIDS

Weight

2 lbs
 2 lbs
 1-3/4 oz

 1/8 oz
 1/8 oz
 5-1/4 oz
 29-7/8 lbs

Measure

1 qts 1-5/8 cup
 1 qts 3-1/2 cup
 1/4 cup 1/3 tbsp
 3 gal
 3 each
 1/3 tsp
 3/4 cup
 3 gal 1 qts

Issue

2-1/4 lbs
 2-3/4 lbs

Method

- 1 Saute onions and celery in shortening or salad oil 5 minutes in steam-jacketed kettle or stock pot. Stir frequently.
- 2 Prepare broth according to package directions. Add to sauteed onions and celery.
- 3 Add bay leaves, pepper and sugar. Stir.
- 4 Cover; bring to a boil; reduce heat; simmer 10 minutes or until vegetables are tender.
- 5 Add tomatoes; mix well. Cover; bring to a boil; reduce heat; simmer for 5 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

TOMATO RICE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	17 g	2 g	1 g	0 mg	1089 mg	48 mg

Ingredient

ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 WATER,BOILING
 BEEF BROTH
 BAY LEAF,WHOLE,DRIED
 PEPPER,BLACK,GROUND
 SUGAR,GRANULATED
 RICE,BROWN,LONG GRAIN,DRY
 TOMATOES,CANNED,DICED,INCL LIQUIDS

Weight

2 lbs
 2 lbs
 1-3/4 oz
 2-1/8 lbs

 1/8 oz
 1/8 oz
 5-1/4 oz
 1-3/8 lbs
 29-7/8 lbs

Measure

1 qts 1-5/8 cup
 1 qts 3-1/2 cup
 1/4 cup 1/3 tbsp
 1 qts
 3 gal 1 qts
 3 each
 1/3 tsp
 3/4 cup
 3-1/2 cup
 3 gal 1 qts

Issue

2-1/4 lbs
 2-3/4 lbs

Method

- 1 Saute onions and celery in salad oil or shortening for 5 minutes in steam-jacketed kettle or stock pot. Stir frequently.
- 2 Prepare broth according to recipe directions. Add broth to sauteed onions and celery.
- 3 Add bay leaves, pepper and sugar. Stir.
- 4 Add rice. Cover, bring to a boil; reduce heat; simmer 25 minutes or until rice is tender.
- 5 Add tomatoes; mix well. Cover; bring to a boil; reduce heat; simmer 5 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	10 g	3 g	1 g	1 mg	1278 mg	45 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		4 gal 2 qts	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
POTATOES,FRESH,PEELED,CUBED	3-1/8 lbs	2 qts 1-1/8 cup	3-7/8 lbs
CELERY,FRESH,CHOPPED	1-1/8 lbs	1 qts 1/4 cup	1-1/2 lbs
CARROTS,FRESH,CHOPPED	1-1/8 lbs	4 cup	1-3/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	1-1/8 lbs	1 qts 3-1/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-1/8 oz	1-3/8 cup	8-2/3 oz
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

Method

- 1 Prepare broth according to directions. Combine broth, tomatoes, potatoes, celery, carrots, cabbage, onions, peppers, garlic powder, and black pepper in a steam jacketed kettle or stock pot. Bring to a boil. Cover; simmer 30 minutes or until vegetables are tender.
- 2 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MINISTRONE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
75 cal	14 g	3 g	1 g	1 mg	1157 mg	38 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		4 gal	
CELERY,FRESH,CHOPPED	1-1/8 lbs	1 qts 1/4 cup	1-1/2 lbs
CARROTS,FRESH,CHOPPED	1-1/8 lbs	4 cup	1-3/8 lbs
POTATOES,FRESH,PEELED,CUBED	2-1/8 lbs	1 qts 2-1/8 cup	2-5/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	1-1/8 lbs	1 qts 3-1/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-1/8 oz	1-3/8 cup	8-2/3 oz
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
TOMATOES,CANNED,CRUSHED,DRAINED	6-5/8 lbs	3 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	2-1/3 lbs	1 qts 2 cup	
BEANS,GREEN,CANNED,DRAINED	1-1/4 lbs	1 qts	
MACARONI NOODLES,SHELLS,DRY	1-3/8 lbs	1 qts 2 cup	

Method

- 1 Prepare broth according to directions. Combine broth, celery, carrots, potatoes, cabbage, onions, peppers, garlic powder, and black pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer for 20 minutes.
- 2 Add tomatoes, kidney beans, and green beans. Bring to a boil.
- 3 Add macaroni. Bring to a boil; reduce heat; simmer 8 to 10 minutes or until macaroni is tender.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

NAVY BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
122 cal	23 g	8 g	0 g	1 mg	582 mg	78 mg

Ingredient

BEANS, WHITE, DRY
 WATER, COLD
 HAM BROTH (FROM MIX)
 CARROTS, FRESH, SHREDDED
 ONIONS, FRESH, CHOPPED
 PEPPER, BLACK, GROUND
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER, COLD

Weight

6-1/4 lbs
 16-3/4 lbs

 1 lbs
 2 lbs
 1/8 oz
 13-1/4 oz
 2-1/8 lbs

Measure

3 qts 2 cup
 2 gal
 5 gal
 1 qts 1/8 cup
 1 qts 1-5/8 cup
 1/3 tsp
 3 cup
 1 qts

Issue

1-1/4 lbs
 2-1/4 lbs

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare broth according to package directions.
- 4 Add beans to stock; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 5 Add carrots, onions and pepper to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEAN SOUP WITH SMOKED, CURED HAM HOCKS

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	23 g	9 g	2 g	4 mg	650 mg	79 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		5 gal	
PORK,HOCKS,(CURED & SMOKED),FROZEN	2-1/2 lbs		
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER,COLD	2-1/8 lbs	1 qts	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare stock according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Place thawed, smoked, cured pork hocks in water to cover. Simmer 1 hour; remove from heat; cool. Remove lean meat; chop into small pieces.
- 5 Add carrots, onions, pepper and chopped ham hocks to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

KNICKERBOCKER SOUP (BEAN, TOMATO AND BACON)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
143 cal	26 g	8 g	1 g	2 mg	446 mg	89 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		3 gal 1 qts	
BACON,RAW	1 lbs		
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
POTATOES,FRESH,PEELED,CUBED	5 lbs	3 qts 2-1/2 cup	6-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	7-1/4 lbs	1 #10cn	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare stock according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Chop raw bacon and brown lightly. Add carrots, onions, pepper and potatoes. Cook 10 minutes, stirring occasionally; add to bean mixture. Crush tomatoes and add. Simmer 25 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

OLD FASHIONED BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	25 g	8 g	0 g	1 mg	535 mg	88 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS, WHITE, DRY	6-1/4 lbs	3 qts 2 cup	
WATER, COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		4 gal 1 qts	
CARROTS, FRESH, SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS, FRESH, CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
TOMATOES, CANNED, CRUSHED, INCL LIQUIDS	6-1/2 lbs	2 qts 3-3/4 cup	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
FLOUR, WHEAT, GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER, COLD	2-1/8 lbs	1 qts	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare broth according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Add carrots, onions and pepper to bean mixture. Add crushed tomatoes to mixture and simmer for 30 minutes.
- 5 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEEF WITH VEGETABLES AND BARLEY SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	12 g	6 g	2 g	9 mg	1005 mg	2 mg

IngredientSOUP,CONDENSED,BEEF W/VEGETABLE AND BARLEY
WATER**Weight**31-1/4 lbs
23 lbs**Measure**3 gal 2-3/4 qts
2 gal 3 qts**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat to serving temperature. Do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEAN WITH BACON SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	26 g	9 g	3 g	4 mg	1046 mg	2 mg

Ingredient

SOUP,CONDENSED,BEAN WITH BACON
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 1-3/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEEF NOODLE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	10 g	6 g	4 g	6 mg	1079 mg	19 mg

Ingredient

SOUP,CONDENSED,BEEF NOODLE
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-1/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN NOODLE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	11 g	5 g	3 g	7 mg	1076 mg	18 mg

Ingredient

SOUP,CONDENSED,CHICKEN NOODLE
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-3/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN WITH RICE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	8 g	4 g	2 g	7 mg	946 mg	22 mg

Ingredient

SOUP,CONDENSED,CHICKEN WITH RICE
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-3/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MANHATTAN CLAM CHOWDER (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	11 g	4 g	2 g	9 mg	594 mg	42 mg

Ingredient

SOUP,CONDENSED,MANHATTAN CLAM CHOWDER
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-3/4 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MINISTRONE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	13 g	5 g	3 g	1 mg	1058 mg	42 mg

Ingredient

SOUP,CONDENSED,MINISTRONE
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-3/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SPLIT PEA SOUP WITH HAM (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	30 g	11 g	5 g	9 mg	1066 mg	25 mg

Ingredient

SOUP,CONDENSED,SPLIT PEA & HAM
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 1-1/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

TOMATO SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	19 g	2 g	2 g	0 mg	788 mg	18 mg

IngredientSOUP,CONDENSED,TOMATO
WATER**Weight**31-1/4 lbs
23 lbs**Measure**3 gal 2-1/8 qts
2 gal 3 qts**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

VEGETABLE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
84 cal	14 g	2 g	2 g	0 mg	956 mg	26 mg

Ingredient

SOUP,CONDENSED,VEGETABLE
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-3/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

VEGETABLE WITH BEEF SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	12 g	6 g	2 g	6 mg	898 mg	21 mg

Ingredient

SOUP,CONDENSED,VEGETABLE WITH BEEF
WATER

Weight

31-1/4 lbs
23 lbs

Measure

3 gal 2-1/8 qts
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN GUMBO SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	14 g	5 g	5 g	7 mg	1376 mg	49 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
MARGARINE	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-1/3 oz	3-1/4 cup	
GARLIC POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		4 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CELERY,FRESH,CHOPPED	1-2/3 oz	1/4 cup 2-2/3 tbsp	2-1/4 oz
OKRA,FROZEN,CUT	2-1/2 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
RICE,LONG GRAIN	1 lbs	2-3/8 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	5 each	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	

Method

- 1 Saute onions in margarine or butter until tender.
- 2 Blend flour with onion-fat mixture to form a roux using wire whip; add garlic powder.
- 3 Prepare broth according to package directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat.
- 4 Add chicken, tomatoes, celery, okra, peppers, rice, bay leaves, paprika, pepper, and thyme; mix well.
- 5 Bring to a boil; reduce heat; simmer 30 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SHRIMP GUMBO

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	14 g	5 g	5 g	22 mg	1397 mg	53 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
MARGARINE	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-1/3 oz	3-1/4 cup	
GARLIC POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		4 gal 2 qts	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CELERY,FRESH,CHOPPED	12-2/3 oz	3 cup	1-1/8 lbs
OKRA,FROZEN,CUT	2-1/2 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
RICE,LONG GRAIN	1 lbs	2-3/8 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	5 each	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
SHRIMP,RAW,PEELED,DEVEINED,CHOPPED	3 lbs		

Method

- 1 Saute onions in margarine or butter until tender.
- 2 Blend flour with onion-fat mixture to form a roux using wire whip; add garlic powder.
- 3 Prepare broth according to package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat.
- 4 Add tomatoes, celery, okra, peppers, rice, bay leaves, paprika, pepper, and thyme; mix well.
- 5 Bring to a boil; reduce heat; simmer 27 minutes. Add raw, peeled, deveined shrimp cut into quarters. Boil an additional 2 to 3 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CORN CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
136 cal	25 g	5 g	3 g	2 mg	761 mg	102 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	8 oz		
CELERY,FRESH,CHOPPED	8 oz	1-7/8 cup	11 oz
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
WATER	16-3/4 lbs	2 gal	
POTATOES,FRESH,PEELED,CUBED	4 lbs	2 qts 3-5/8 cup	5 lbs
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CORN,CANNED,CREAM STYLE	20-1/3 lbs	2 gal 1 qts	
MILK,NONFAT,DRY	1-2/3 lbs	2 qts 3 cup	
WATER,WARM	12-1/2 lbs	1 gal 2 qts	
MARGARINE	8 oz	1 cup	

Method

- 1 Prepare bacon according to Recipe Nos. L 002 00 or L 002 02. Chop bacon. Set aside for use in Step 3.
- 2 Saute celery, onions and peppers in salad oil 3 minutes or until tender.
- 3 Add water, potatoes, salt and pepper to steam-jacketed kettle or stock pot. Add sauteed vegetables. Mix thoroughly. Bring to a boil; reduce heat; simmer 10 minutes or until potatoes are tender.
- 4 Add corn. Bring to a boil; simmer 5 minutes, stirring occasionally.
- 5 Reconstitute milk. Add milk and butter or margarine to mixture. Heat slowly to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN CORN CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	25 g	6 g	8 g	9 mg	1088 mg	37 mg

Ingredient

SOUP,CONDENSED,CREAM OF CHICKEN
 WATER
 CORN,CANNED,WHOLE KERNEL,DRAINED
 PEPPER,BLACK,GROUND

Weight

25 lbs
 18-1/4 lbs
 20 lbs
 1/8 oz

Measure

2 gal 3-1/4 qts
 2 gal 3/4 qts
 3 gal 1-7/8 qts
 1/4 tsp

Issue**Method**

- 1 Combine soup and water; mix well.
- 2 Add canned, whole kernel corn and black pepper. Heat slowly; DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MANHATTAN CLAM CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	17 g	3 g	1 g	2 mg	442 mg	51 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	12 oz		
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
CLAMS,CANNED,CHOPPED	12 lbs	1 gal 1-2/3 qts	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	19-7/8 lbs	2 gal 1 qts	
CARROTS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-3/8 cup	1-7/8 lbs
POTATOES,FRESH,PEELED,CUBED	5 lbs	3 qts 2-1/2 cup	6-1/8 lbs
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
CATSUP	1 lbs	2 cup	
RESERVED LIQUID	18-3/4 lbs	2 gal 1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	11 oz	2-1/2 cup	
WATER,COLD	2-1/8 lbs	1 qts	

Method

- 1 Cook bacon until crisp using Recipe No. L 002 00 or L 002 02. Remove bacon; drain; reserve 1/2 cup fat per each 100 servings for use in Step 2. Finely chop bacon. Set aside for use in Step 4.
- 2 Saute onions and celery in bacon fat about 7 minutes or until tender crisp.
- 3 Drain clams and reserve clam juice for use in Step 4, clams for use in Step 8.
- 4 Combine bacon, sauteed vegetables, tomatoes, carrots, potatoes, salt, pepper, thyme, Worcestershire sauce, bay leaves, and catsup with reserved clam juice and water.
- 5 Bring to a boil; reduce heat; simmer 20 minutes or until vegetables are tender.
- 6 Blend flour and water to form a smooth paste. Stir into chowder.
- 7 Bring to a boil; reduce heat; simmer 10 minutes or until thickened.
- 8 Add clams to chowder; bring to a boil; reduce heat; simmer 10 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

NEW ENGLAND FISH CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	15 g	12 g	6 g	39 mg	348 mg	95 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	8 oz		
BACON FAT,RENDERED	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
POTATOES,FRESH,PEELED,CUBED	7 lbs	1 gal 1-1/8 qts	8-5/8 lbs
WATER	16-3/4 lbs	2 gal	
BUTTER	1-1/4 lbs	2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	23 lbs	2 gal 3 qts	
FISH,FLOUNDER/SOLE FILLET,RAW,2 INCH PIECES	10 lbs		
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	<1/16th oz	1 tbsp	
SALT	1-7/8 oz	3 tbsp	

Method

- 1 Cook bacon until crisp using Recipe Nos. L 002 00 or L 002 02. Drain; finely chop; set aside for use in Step 6. Reserve appropriate amount of bacon fat for use in Step 2.
- 2 Saute onions and celery in bacon fat about 7 minutes or until crisp.
- 3 Add potatoes and water to onion-celery mixture; cook until potatoes are almost tender but still firm, about 10 minutes.
- 4 Blend butter or margarine and flour to form a roux; set aside for use in Step 6.
- 5 Reconstitute milk; add to potato mixture. Heat to just below boiling. DO NOT BOIL.
- 6 Add roux and cooked bacon to milk and potato mixture. Cook until thickened or about 10 minutes.
- 7 Add fish, pepper, thyme, parsley and salt to mixture. Simmer 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

NEW ENGLAND CLAM CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
128 cal	15 g	4 g	6 g	16 mg	333 mg	94 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	8 oz		
BACON FAT,RENDERED	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
CLAMS,CANNED,CHOPPED	12 lbs	1 gal 1-2/3 qts	
POTATOES,FRESH,PEELED,CUBED	7 lbs	1 gal 1-1/8 qts	8-5/8 lbs
BUTTER	1-1/4 lbs	2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	23 lbs	2 gal 3 qts	
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	<1/16th oz	1 tbsp	
SALT	1 oz	1 tbsp	

Method

- 1 Cook bacon until crisp using Recipe Nos. L 002 00 or L 002 02. Drain; finely chop; set aside for use in Step 6. Reserve bacon fat for use in Step 2.
- 2 Saute onions and celery in bacon fat about 7 minutes or until crisp.
- 3 Add potatoes to onion-celery mixture; cook until potatoes are almost tender but still firm, about 10 minutes. Drain minced clams. Reserve the liquid and combine with water to equal 2 gal per 100 portions. Combine with potato mixture. Reserve drained clams for Step 7.
- 4 Blend butter or margarine and flour to form a roux; set aside for use in Step 6.
- 5 Reconstitute milk; add to potato mixture. Heat to just below boiling. DO NOT BOIL.
- 6 Add roux and cooked bacon to milk and potato mixture. Cook until thickened about 10 minutes.
- 7 Add clams, pepper, thyme, parsley and salt to mixture. Simmer 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF MUSHROOM SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
153 cal	14 g	5 g	8 g	22 mg	1316 mg	115 mg

Ingredient

MUSHROOMS,CANNED,SLICED,INCL LIQUIDS
 ONIONS,FRESH,CHOPPED
 BUTTER
 FLOUR,WHEAT,GENERAL PURPOSE
 PEPPER,BLACK,GROUND
 CHICKEN BROTH
 MILK,NONFAT,DRY
 WATER,WARM

Weight

7-1/4 lbs
 12-2/3 oz
 2 lbs
 2-1/4 lbs
 1/8 oz

 1-2/3 lbs
 14-5/8 lbs

Measure

1 gal 1-1/4 qts
 2-1/4 cup
 1 qts
 2 qts
 1/3 tsp
 4 gal
 2 qts 3 cup
 1 gal 3 qts

Issue

14-1/8 oz

Method

- 1 Drain and chop mushrooms. Reserve liquid for use in Step 4.
- 2 Saute onions and mushrooms in butter or margarine until onions are tender. Remove from fat. Set aside for use in Step 5.
- 3 Blend fat, flour and pepper to form a roux.
- 4 Prepare stock according to recipe using both water and reserved mushroom liquid. Gradually blend hot stock mixture into roux stirring constantly until smooth.
- 5 Add mushroom-onion mixture. Bring to a boil; reduce heat; simmer 15 minutes.
- 6 Reconstitute milk. Add to soup.
- 7 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF BROCCOLI SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
128 cal	14 g	6 g	6 g	16 mg	1156 mg	117 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BROCCOLI,FROZEN,CHOPPED	10 lbs	1 gal 2-2/3 qts	
ONIONS,FRESH,CHOPPED	12-2/3 oz	2-1/4 cup	14-1/8 oz
BUTTER	1-3/8 lbs	2-3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-7/8 lbs	1 qts 3 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHICKEN BROTH		4 gal	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	12-1/2 lbs	1 gal 2 qts	

Method

- 1 Thaw and chop broccoli. Set aside for use in Step 5.
- 2 Saute onions in butter or margarine until onions are tender. Do not remove onions from fat.
- 3 Blend fat with onions, flour and pepper to form a roux.
- 4 Prepare stock according to package directions. Gradually blend hot stock mixture into roux stirring constantly until smooth.
- 5 Add broccoli. Bring to a boil; reduce heat; simmer 15 minutes.
- 6 Reconstitute milk. Add to soup.
- 7 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF POTATO SOUP (DEHYDRATED SLICED POTATOES)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	10 g	4 g	1 g	2 mg	1162 mg	96 mg

Ingredient

CHICKEN BROTH
 POTATO,WHITE,DEHYDRATED,SLICED
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER,WARM
 MILK,NONFAT,DRY
 PARSLEY,DEHYDRATED,FLAKED

Weight

5 lbs
 3-1/8 lbs
 1/8 oz
 16-3/4 lbs
 1-1/3 lbs
 3/8 oz

Measure

4 gal 1 qts
 2 qts 1 cup
 1/3 tsp
 2 gal
 2 qts 3/4 cup
 1/2 cup

Issue

3-1/2 lbs

Method

- 1 Prepare broth according to package directions. Combine broth, potatoes, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat, cover; simmer 1 hour, stirring occasionally. Break up or mash potatoes as necessary.
- 2 Reconstitute milk; stir milk and parsley into soup. Simmer for 5 minutes.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF POTATO SOUP (FRESH WHITE POTATOES)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
138 cal	28 g	5 g	1 g	2 mg	1034 mg	101 mg

Ingredient

CHICKEN BROTH
 POTATOES,FRESH,PEELED,CUBED
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER,WARM
 MILK,NONFAT,DRY
 PARSLEY,DEHYDRATED,FLAKED

Weight

24-3/4 lbs
 3-1/8 lbs
 1/8 oz
 16-3/4 lbs
 1-1/3 lbs
 3/8 oz

Measure

3 gal 3 qts
 4 gal 2 qts
 2 qts 1 cup
 1/3 tsp
 2 gal
 2 qts 3/4 cup
 1/2 cup

Issue

30-5/8 lbs
 3-1/2 lbs

Method

- 1 Prepare broth according to package directions. Combine chicken broth, potatoes, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer 1 hour or until potatoes are mushy, stirring occasionally.
- 2 Reconstitute milk; stir milk and parsley into soup. Simmer for 5 minutes.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF POTATO SOUP (INSTANT POTATOES)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
51 cal	8 g	3 g	1 g	2 mg	768 mg	89 mg

Ingredient

CHICKEN BROTH
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 MILK,NONFAT,DRY
 PARSLEY,DEHYDRATED,FLAKED
 POTATO,WHITE,INSTANT,GRANULES

Weight

2-1/8 lbs
 1/8 oz
 16-3/4 lbs
 1-1/3 lbs
 3/8 oz
 1 lbs

Measure

2 gal 3 qts
 1 qts 2 cup
 1/3 tsp
 2 gal
 2 qts 3/4 cup
 1/2 cup
 2 qts 1 cup

Issue

2-1/3 lbs

Method

- 1 Prepare broth according to package directions. Combine chicken broth, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer for 10 minutes or until onions are tender.
- 2 Reconstitute milk; stir milk and parsley into soup. Bring to a simmer.
- 3 Stir potatoes rapidly into soup. Mix until smooth. Simmer for 5 minutes, stirring occasionally.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SPANISH SOUP (DEHYDRATED ONION SOUP)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	10 g	4 g	4 g	11 mg	1087 mg	37 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SOUP,DEHYDRATED,ONION	2 lbs	1 qts 3 cup	
WATER,BOILING	37-5/8 lbs	4 gal 2 qts	
SAUSAGE,ITALIAN,HOT	4 lbs		
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
TOMATOES,CANNED,DICED,INCL LIQUIDS	15 lbs	1 gal 2-1/2 qts	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	

Method

- 1 Stir soup mix into boiling water.
- 2 Chop sausage. Cook sausage until thoroughly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain well.
- 3 Mix peppers, tomatoes and bay leaves with browned sausage. Add to soup mixture.
- 4 Return soup mixture to a boil. Reduce heat. Cover; simmer 20 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

ONION SOUP (DEHYDRATED MIX)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	5 g	1 g	0 g	0 mg	820 mg	18 mg

Ingredient

SOUP,DEHYDRATED,ONION
WATER,BOILING

Weight

2 lbs
52-1/4 lbs

Measure

1 qts 3 cup
6 gal 1 qts

Issue**Method**

- 1 Stir soup mix into boiling water.
- 2 Simmer 20 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

MEXICAN ONION CORN SOUP (DEHYDRATED MIX)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	16 g	3 g	1 g	0 mg	951 mg	20 mg

Ingredient

SOUP,DEHYDRATED,ONION

WATER,BOILING

CORN,CANNED,WHOLE KERNEL,DRAINED

PIMIENTO,CANNED,DRAINED,CHOPPED

HOT SAUCE

Weight

2 lbs

43-7/8 lbs

13-1/4 lbs

14 oz

3/8 oz

Measure

1 qts 3 cup

5 gal 1 qts

2 gal 1-1/8 qts

2-1/8 cup

3/8 tsp

Issue**Method**

- 1 Stir soup mix into boiling water.
- 2 Drain corn; add to soup mixture.
- 3 Add canned chopped pimientos and hot sauce. Stir to mix.
- 4 Stir and simmer 20 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

TOMATO VEGETABLE SOUP (DEHYDRATED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
65 cal	12 g	2 g	2 g	1 mg	609 mg	39 mg

Ingredient

SOUP,DEHYDRATED,TOMATO VEGETABLE W/NOODLES
WATER,BOILING

Weight

4 lbs
52-1/4 lbs

Measure

3 qts 2 cup
6 gal 1 qts

Issue**Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEEF NOODLE SOUP WITH VEGETABLES (DEHYDRATED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	8 g	3 g	1 g	2 mg	1342 mg	12 mg

Ingredient

SOUP,DEHYDRATED,BEEF NOODLE W/VEGETABLES
WATER,BOILING

Weight

3-1/2 lbs
52-1/4 lbs

Measure

2 qts 2-3/8 cup
6 gal 1 qts

Issue**Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN NOODLE SOUP (DEHYDRATED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	10 g	4 g	2 g	3 mg	1815 mg	50 mg

Ingredient

SOUP,DEHYDRATED,CHICKEN NOODLE
WATER,BOILING

Weight

4-3/4 lbs
54-1/3 lbs

Measure

3 qts 2 cup
6 gal 2 qts

Issue**Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 7 minutes. Stir occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CHICKEN NOODLE SOUP WITH VEGETABLES (DEHYDRATED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	14 g	5 g	2 g	3 mg	1826 mg	55 mg

Ingredient

SOUP,DEHYDRATED,CHICKEN NOODLE
 WATER,BOILING
 VEGETABLES,MIXED,FROZEN

Weight

4-3/4 lbs
 54-1/3 lbs
 5 lbs

Measure

3 qts 2 cup
 6 gal 2 qts
 3 qts 1/2 cup

Issue**Method**

- 1 Stir soup mix into boiling water. Add frozen mixed vegetables.
- 2 Return soup mixture to a boil. Cover; simmer 7 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

PEPPER POT SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	11 g	3 g	5 g	1 mg	1228 mg	38 mg

Ingredient

SHORTENING,VEGETABLE,MELTED
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,SLICED
 BEEF BROTH
 FLOUR,WHEAT,GENERAL PURPOSE
 POTATOES,FRESH,PEELED,CUBED
 PEPPER,BLACK,GROUND
 MILK,NONFAT,DRY
 WATER,WARM
 PIMIENTO,CANNED,DRAINED,CHOPPED

Weight

14-1/2 oz
 8 oz
 1-1/2 lbs
 1-1/2 lbs
 8-7/8 oz
 6 lbs
 1/8 oz
 6-5/8 oz
 3-1/8 lbs
 6-3/4 oz

Measure

2 cup
 1-3/8 cup
 1 qts 1/2 cup
 1 qts 1-5/8 cup
 5 gal
 2 cup
 1 gal 3/8 qts
 1/3 tsp
 2-3/4 cup
 1 qts 2 cup
 1 cup

Issue

8-7/8 oz
 1-7/8 lbs
 2 lbs
 7-3/8 lbs

Method

- 1 Saute vegetables in salad oil, shortening or olive oil 10 minutes. Do not brown. Remove vegetables from fat; set aside for use in Step 3 and vegetables aside for use in Step 4.
- 2 Prepare broth according to package directions.
- 3 Blend fat and flour together; stir until smooth. Add roux to broth, stirring constantly. Cook until blended.
- 4 Add sauteed vegetables, potatoes and pepper. Cook about 20 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Reconstitute milk.
- 6 Just before serving, remove soup from heat; slowly add milk, stirring constantly.
- 7 Add pimientos. CCP: Hold for service at 140 F. or higher.

CHICKEN VEGETABLE (MULLIGATAWNY) SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	9 g	4 g	3 g	11 mg	1521 mg	37 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/3 lbs	1 qts	1-5/8 lbs
BUTTER	6 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
CHICKEN BROTH		5 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	6-5/8 lbs	3 qts	
CARROTS,FRESH,CHOPPED	1 lbs	3-1/2 cup	1-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
APPLES,FRESH,PEELED,SLICED	1-1/2 lbs	1 qts 1-1/2 cup	1-7/8 lbs
CURRY POWDER	2/3 oz	3 tbsp	
CLOVES,GROUND	<1/16th oz	1/8 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

Method

- 1 Saute onions and peppers in butter or margarine until tender. Remove from fat; set aside for use in Step 4. Reserve fat for use in Step 2.
- 2 Blend fat and flour to form a roux.
- 3 Prepare broth according to package directions. Add broth to roux, stirring constantly. Cook until blended.
- 4 Add chicken, sauteed onions and peppers, tomatoes, carrots, celery, apples, curry powder, cloves and pepper.
- 5 Simmer 45 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

ZESTY BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
110 cal	20 g	6 g	1 g	0 mg	1211 mg	61 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	6-3/4 lbs	3 qts	
BEANS,LIMA,CANNED,INCL LIQUIDS	6-1/2 lbs	3 qts	
BEANS,PINTO,CANNED,INCL LIQUIDS	7-3/8 lbs	3 qts 2 cup	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
BEEF BROTH		3 gal 1 qts	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	

Method

- 1 Drain beans.
- 2 Combine beans, tomatoes, onions, celery, beef broth, pepper, paprika, thyme and bay leaves in stock pot or steam-jacketed kettle; stir well. Bring to a boil; reduce heat. Cover; simmer 45 minutes or until vegetables are tender. Remove bay leaves.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

ZESTY BEAN SOUP (DRY BEANS)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
127 cal	23 g	8 g	1 g	1 mg	1058 mg	78 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DRY	2 lbs	1 qts 7/8 cup	
BEANS,WHITE,DRY	2 lbs	1 qts 1/2 cup	
BEANS,PINTO,DRY	1-7/8 lbs	1 qts 1/2 cup	
WATER	16-3/4 lbs	2 gal	
BEEF BROTH		3 gal 3 qts	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water. Cover with cold water in stock pot or steam-jacketed kettle; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 2 Prepare broth according to package directions. Add bay leaves. Bring to a boil; cover; simmer 3 hours or until beans are tender.
- 3 Stir occasionally. Add tomatoes, onions, celery, pepper, paprika and thyme; stir well.
- 4 Bring to a boil; reduce heat. Cover; simmer 45 minutes or until vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

CHICKEN MUSHROOM SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	13 g	4 g	10 g	7 mg	1080 mg	88 mg

Ingredient

SOUP,CONDENSED,CREAM OF CHICKEN
 SOUP,CONDENSED,CREAM OF MUSHROOM
 MILK,NONFAT,DRY
 WATER
 NUTMEG,GROUND

Weight

15-3/4 lbs
 15-3/4 lbs
 13-3/4 oz
 23 lbs
 <1/16th oz

Measure

1 gal 3-1/8 qts
 1 gal 3-1/8 qts
 1 qts 1-3/4 cup
 2 gal 3 qts
 1/8 tsp

Issue**Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Reconstitute milk; stir into combined soups.
- 3 Add nutmeg; mix well.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. CCP: Hold for service at 140 F. or higher.

DOUBLY GOOD CHICKEN SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	10 g	4 g	5 g	10 mg	1047 mg	48 mg

Ingredient

SOUP,CONDENSED,CREAM OF CHICKEN
 SOUP,CONDENSED,CHICKEN WITH RICE
 MILK,NONFAT,DRY
 WATER
 NUTMEG,GROUND

Weight

15-3/4 lbs
 15-3/4 lbs
 4-3/4 oz
 23 lbs
 <1/16th oz

Measure

1 gal 3-1/8 qts
 1 gal 3-1/4 qts
 2 cup
 2 gal 3 qts
 1/8 tsp

Issue**Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Reconstitute milk; stir into combined soups.
- 3 Add nutmeg; mix well.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. CCP: Hold for service at 140 F. or higher.

LOGGING SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
129 cal	19 g	8 g	3 g	5 mg	980 mg	11 mg

Ingredient

SOUP,CONDENSED,VEGETABLE WITH BEEF
 SOUP,CONDENSED,BEAN WITH BACON
 WATER

Weight

15-3/4 lbs
 15-3/4 lbs
 23 lbs

Measure

1 gal 3-1/8 qts
 1 gal 2-3/4 qts
 2 gal 3 qts

Issue**Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water and mix well.
- 3 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

TOMATO NOODLE SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	15 g	4 g	3 g	3 mg	941 mg	19 mg

Ingredient

SOUP,CONDENSED,TOMATO
 SOUP,CONDENSED,BEEF NOODLE
 WATER

Weight

15-3/4 lbs
 15-3/4 lbs
 23 lbs

Measure

1 gal 3-1/8 qts
 1 gal 3-1/8 qts
 2 gal 3 qts

Issue**Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water; mix well.
- 3 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

VEGETABLE BEEF SUPREME SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
94 cal	15 g	4 g	2 g	3 mg	850 mg	19 mg

Ingredient

SOUP,CONDENSED,VEGETABLE WITH BEEF
 SOUP,CONDENSED,TOMATO
 WATER
 GINGER,GROUND

Weight

15-3/4 lbs
 15-3/4 lbs
 23 lbs
 1/8 oz

Measure

1 gal 3-1/8 qts
 1 gal 3-1/8 qts
 2 gal 3 qts
 3/8 tsp

Issue**Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water; mix well.
- 3 Add ginger if desired, mix well.
- 4 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SPLIT PEA SOUP WITH HAM

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	24 g	11 g	1 g	5 mg	585 mg	30 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
PEAS,SPLIT,DRY	7-7/8 lbs	1 gal 1/2 qts	
PORK,HAM,CURED,CHOPPED	2 lbs		
WATER,COLD	25-1/8 lbs	3 gal	
HAM BROTH (FROM MIX)		4 gal	
ONIONS,FRESH,GRATED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CARROTS,FRESH,GRATED	1-1/8 lbs	1 qts 5/8 cup	1-3/8 lbs
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	

Method

- 1 Pick over peas, removing any foreign matter. Wash thoroughly in cold water.
- 2 Cover peas with water. Bring to a boil.
- 3 Prepare broth according to package directions. Add broth, ham, onions, carrots, bay leaves, sugar and pepper to peas.
- 4 Bring soup mixture to a boil, reduce heat; simmer gently about 2-1/2 hours or until peas are mushy. Remove bay leaves.
- 5 Whip until mixture is smooth. Add boiling water, if needed, for a thinner consistency. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

PUREE MONGOLE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	20 g	6 g	2 g	3 mg	609 mg	23 mg

Ingredient

SPLIT PEA SOUP WITH HAM
SOUP,CONDENSED,TOMATO
WATER

Weight

12-1/2 lbs
14-5/8 lbs

Measure

3 gal 1/2 qts
1 gal 1-5/8 qts
1 gal 3 qts

Issue**Method**

- 1 Prepare 1/2 recipe Split Pea Soup, Recipe No. P 023 00.
- 2 Blend in condensed tomato soup and water. Heat to a simmer. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CREAM OF BROCCOLI SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
235 cal	14 g	7 g	16 g	34 mg	825 mg	170 mg

Ingredient

SOUP,CONDENSED,CREAM OF BROCCOLI,CANNED
MILK,NONFAT,DRY
WATER

Weight

31-1/4 lbs
1 lbs
23 lbs

Measure

3 gal 1-5/8 qts
1 qts 3 cup
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Heat to 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.

CREAM OF CHICKEN SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	13 g	6 g	8 g	12 mg	1143 mg	99 mg

Ingredient

SOUP,CONDENSED,CREAM OF CHICKEN
MILK,NONFAT,DRY
WATER

Weight

31-1/4 lbs
1 lbs
23 lbs

Measure

3 gal 2-1/8 qts
1 qts 3 cup
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Heat to 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.

CREAM OF MUSHROOM SOUP (CANNED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	13 g	4 g	11 g	2 mg	1010 mg	98 mg

Ingredient

SOUP,CONDENSED,CREAM OF MUSHROOM
MILK,NONFAT,DRY
WATER

Weight

31-1/4 lbs
1 lbs
23 lbs

Measure

3 gal 2-1/8 qts
1 qts 3 cup
2 gal 3 qts

Issue**Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.

TEXAS TORTILLA SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
135 cal	22 g	6 g	4 g	8 mg	1256 mg	129 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TORTILLAS,CORN,6 INCH	2-3/4 lbs		
CHICKEN BROTH		3 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	27-1/3 lbs	2 gal 3-7/8 qts	
PEPPERS,JALAPENOS,CANNED,CHOPPED	3-5/8 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	5-5/8 oz	1 cup	6-1/4 oz
CUMIN,GROUND	1-2/3 oz	1/2 cup	
CILANTRO,DRY	1-1/8 oz	1 cup	
GARLIC POWDER	5/8 oz	2 tbsp	
CORN,CANNED,WHOLE KERNEL,DRAINED	4-1/3 lbs	3 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	4-1/2 lbs	2 qts 3-1/2 cup	
CHEESE,CHEDDAR,SHREDDED	1-1/2 lbs	1 qts 2 cup	

Method

- 1 Cut tortillas into strips 1/2-inch by 3-inches. Spread 13 ounces or 1 quart strips on each sheet pan. Using a convection oven, bake at 350 F. for 6-8 minutes or until crisp and lightly browned on low fan, open vent. Reserve for use in Step 4.
- 2 Prepare broth according to package directions.
- 3 Add tomatoes, peppers, onions, cumin, cilantro, and garlic powder to broth in steam-jacketed kettle. Simmer 20 minutes.
- 4 Drain, rinse and drain corn and beans. Add corn and beans to soup mixture; stir and bring back to a simmer for 10 minutes or until tender; stir occasionally. Drain. CCP: Hold for service at 140 F. or higher.
- 5 Garnish each portion with 1/4 cup tortilla strips and 1 tablespoon cheese.

TORTELLINI SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	20 g	7 g	4 g	14 mg	1309 mg	133 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	1 lbs	2-5/8 cup	1 lbs
GARLIC POWDER	5/8 oz	2 tbsp	
BASIL, DRIED, CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
TOMATOES, CANNED, DICED, INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CHICKEN BROTH		4 gal	
TORTELLINI, FROZEN, CHEESE	6 lbs		
SQUASH, FRESH, SUMMER, SLICED	6-7/8 lbs	1 gal 2-7/8 qts	7-1/4 lbs
CHEESE, PARMESAN, GRATED	7 oz	2 cup	

Method

- 1 Spray steam-jacketed kettle or stock pot with non-stick cooking spray.
- 2 Add onions, garlic, basil, and pepper; cover; cook 8 to 10 minutes or until onions are tender.
- 3 Add tomatoes, bring to a boil. Reduce heat; cover; simmer 15 minutes.
- 4 Prepare broth according to package directions. Add to tomatoes.
- 5 Add tortellini; simmer covered 12 to 15 minutes.
- 6 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Add squash; simmer covered 3 to 5 minutes or until tender.
CCP: Hold for service at 140 F. or higher.
- 7 Garnish each serving with 1 teaspoon parmesan cheese.

LENTIL VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	22 g	7 g	0 g	0 mg	432 mg	54 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,LENTIL	4-3/4 lbs	2 qts 3-3/8 cup	
WATER	33-1/2 lbs	4 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-1/2 lbs	1 gal 1-7/8 qts	
ONIONS,FRESH,CHOPPED	7 lbs	1 gal 1 qts	7-3/4 lbs
CARROTS,FRESH,SLICED	4 lbs	3 qts 2-1/8 cup	4-7/8 lbs
CELERY,FRESH,SLICED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BASIL,DRIED,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	8 each	
PARSLEY,FRESH,BUNCH,CHOPPED	4-1/4 oz	2 cup	4-1/2 oz

Method

- 1 Pick over lentils, removing shriveled lentils and foreign matter. Wash thoroughly in cold water.
- 2 Place lentils, water, tomatoes, onions, carrots, celery, salt, garlic powder, pepper, basil, oregano, and bay leaves in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; simmer 2 to 2-1/4 hours stirring occasionally or until lentils are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Add parsley just before serving.

CURRIED VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
66 cal	14 g	2 g	1 g	0 mg	197 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
VEGETABLE BROTH		4 gal	
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
POTATOES,FRESH,PEELED,CUBED	3 lbs	2 qts 3/4 cup	3-2/3 lbs
CELERY,FRESH,SLICED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
CURRY POWDER	1-1/3 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	1-1/4 lbs	3 cup	
PEAS & CARROTS,FROZEN	3-7/8 lbs	3 qts 1/2 cup	
CAULIFLOWER,FROZEN	2 lbs		

Method

- 1 Prepare vegetable stock according to package directions.
- 2 Add water, onions, potatoes, celery, curry, garlic powder, parsley, black pepper and thyme to stock. Stir. Bring to a boil; add rice. Stir; reduce heat; cook 30 to 35 minutes or until rice is tender.
- 3 Add peas, carrots and cauliflower, bring to a boil; simmer 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

TURKEY VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
91 cal	10 g	7 g	3 g	13 mg	1475 mg	45 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		5 gal	
POTATOES,FRESH,RED BLISS	4-5/8 lbs	3 qts 2 cup	6-1/8 lbs
CARROTS,FROZEN,SLICED	3 lbs	2 qts 2-5/8 cup	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PARSLEY,DEHYDRATED,FLAKED	1 oz	1-3/8 cup	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
SAGE,GROUND	1/8 oz	1 tbsp	
TURKEY,BNLS,WHITE AND DARK MEAT,DICED	5 lbs		
PEAS,GREEN,FROZEN	1-7/8 lbs	1 qts 2 cup	

Method

- 1 Prepare chicken broth according to package directions in steam-jacketed kettle or stock pot.
- 2 Add potatoes, carrots, onions, celery, parsley, black pepper, thyme, and sage to stock. Stir; bring to a boil; reduce heat; simmer 20 minutes or until the vegetables are tender.
- 3 Add turkey and peas. Bring to a boil; CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Reduce heat; simmer 5 minutes. CCP: Hold for service at 140 F. or higher.

ASIAN STIR FRY SOUP

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	10 g	7 g	5 g	16 mg	842 mg	86 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
OIL, CANOLA	5-1/8 oz	1/2 cup 2-2/3 tbsp	
PORK, SHOULDER, LEAN, RAW, DICED	5 lbs		
SOY SAUCE	13-1/2 oz	1-3/8 cup	
WATERCHESTNUTS, CANNED, SLICED, DRAINED	1-1/2 lbs	1 qts 1 cup	
MUSHROOMS, FRESH, WHOLE, SLICED	1-1/2 lbs	2 qts 2 cup	1-2/3 lbs
PEPPERS, GREEN, FRESH, MEDIUM, SLICED, THIN	1-5/8 lbs	1 qts 1 cup	2 lbs
ONIONS, GREEN, FRESH, CHOPPED	11-3/4 oz	3-3/8 cup	13 oz
HAM BROTH (FROM MIX)		5 gal	
RICE, LONG GRAIN	1 lbs	2-1/2 cup	
SPINACH, FROZEN	10-3/4 lbs	1 gal 2-3/8 qts	

Method

- 1 Heat oil in steam jacketed kettle. Brown pork in oil, drain off excess oil. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Add soy sauce, water chestnuts, mushrooms, julienne sliced peppers and green onions, stir fry until vegetables are tender-crisp for 3 to 4 minutes.
- 3 Prepare broth according to package directions. Add broth and stir well and heat to a boil.
- 4 Reduce heat and add rice. Cover and simmer about 25 minutes or until rice is tender.
- 5 Stir in thawed drained spinach. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.